

# FREE Covington Weekly

Dec. 12 - 18, 2012 [www.media9productions.com](http://www.media9productions.com)

Deck the Rails at the Trailhead this Saturday  
Covington Weekly is on  

### Shop Local This Holiday Season

Covington has many new businesses open for the Holiday shopping season. Be aware that roadwork is ongoing, but it is progressing quickly, and the oxlot parking is available for those who are able to walk short distances. Discover the unique and creative work of the Savoyes at **Savoie Originals Gallery**, 405 N. Columbia Street. No two pieces will be the same, and you won't mind at all! For something a bit more traditional, visit Lisa Wilson at **History Antiques & Interiors**, located at 317 N. Columbia Street. Enjoy a charming showroom featuring 19th century to contemporary pieces and settings. **Mention Covington Weekly at Rosemary's Closet** for a special savings the entire month of December! A cozy vintage clothing store for men and women, Rosemary's Closet also features vintage vinyl records.



**Deck the Rails**  
COVINGTON TRAILHEAD  
419 N. New Hampshire  
Historic Downtown Covington  
985.892.1873  
GottaLuvCov@covla.com  
www.covla.com  
City of Covington

FAMILY ENTERTAINMENT BY PAPHILLION  
PHOTOS WITH SANTA  
CHRISTMAS ORNAMENT DECORATING  
FREE FAMILY FUN

SATURDAY, DECEMBER 15 • 10 AM - 12 NOON

Center Of Performing Arts & St. Tammany Homestead present

## Christmas at COPA

Come and enjoy the sounds of the season with musical performances by the Northlake Christian School Vocal Ensemble and students of the Center Of Performing Arts.

**Sunday, December 16**  
**5 p.m. - 7:30 p.m.**

Hot chocolate, cookies and more of your favorite holiday treats provided by St. Tammany Homestead.

Enjoy festive fun in our photo booth from Anytime Booths.

Admission: \$5 or a toy donation for Toys for Tots

For more information contact COPA at 985.727.4368

For a nice holiday Sunday evening with the family, visit the Center Of Performing Arts in the St. Tammany Homestead Building for Christmas at COPA. Bring your toy donation supporting Toys For Tots for Free Admission and enjoy seasonal music and holiday refreshments! The mission of the U.S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to less fortunate children in the community in which the campaign is conducted. St. Tammany Homestead and the Center of Performing Arts are proud to support the Toys for Tots Program for Christmas 2012!

## Farmers Market Recipes

Fresh recipes inspired by ingredients found at the Covington Farmers Market



### Roasted Radish

**Ingredients:**

- 1 bundle of radishes, halved
- 1 large carrot, cubed
- 2 yellow potato, cubed
- radish greens, shredded
- 1 tablespoon of extra virgin olive oil
- fresh thyme
- a few sprigs of fresh rosemary
- fresh cracked black peppercorn
- kosher salt
- fresh lemon juice

**Cooking Instructions:**

Roasting radishes really brings out the sweetness of this vegetable. In an oven-proof skillet, saute the vegetables, herbs (save some rosemary for garnish), salt and pepper in oil at a high heat for a few minutes, until they begin to brown a little. Transfer this to the oven, preheated to 500 degrees. Bake for about 15 minutes, until they are crispy on the outside and tender on the inside. Now return the skillet back to the burners. Add a little butter to soften them back up, and stir in the radish greens over a low heat. Squeeze the juice from one lemon over the roasted veggies and serve immediately, with a sprig of rosemary as a garnish. This can be served over rice, as a meal or as a side.

Radishes are rich in ascorbic acid, folic acid and potassium. They are a good source of vitamin B6, riboflavin, magnesium, copper and calcium. Find locally grown radishes at the farmer's market from GROW.Farm and Slice of Heaven Farm.

PLAYMAKERS THEATER PRESENTS

## A COVINGTON NATIVE IN KING ARTHUR'S COURT

adapted from MARK TWAIN by FRANK LEVY BONNIE WOOD  
directed by FRANK LEVY



Playmakers presents a family holiday show, "A Covington Native in King Arthur's Court," written and directed by Frank Levy. The play merges the true history of Covington in its upcoming bicentennial year with Mark Twain's "A Connecticut Yankee in King Arthur's Court" with hilarious results. A celebrity guest will appear in each performance. Soldiers, knights, kings, princesses, statesmen and mayhem for all. There will be three performances: December 14th and 15th at 8 pm, and Sunday the 16th at 2 pm. Tickets will be \$8 and can be reserved by calling 985-893-1671 or visiting online: [www.playmakersinc.com](http://www.playmakersinc.com)

**Win This Playhouse!** Help the Covington Boys and Girls Club!




**COVINGTON playhouse**  
purchase raffle tickets today!

HIGHLAND HOMES BOYS & GIRLS CLUB

**Drawing held December 17, 2012**

The 2012 Highland Homes Christmas Playhouse Raffle benefiting the Boys and Girls Club in Covington is underway. Tickets are only \$5 each and 100% of the ticket sales benefit the Boys and Girls Club of Covington. The playhouse was constructed and donated by local builder Highland Homes, and it is modeled after an old town post office. It measures approximately 8' x 10'. Tickets may be purchased at any Home Bank location in St. Tammany Parish, or purchase your tickets online at [www.BeGreatCovington.org](http://www.BeGreatCovington.org)

**Quote of the Week**  
"We should behave to our friends as we would wish our friends to behave to us."  
- Aristotle

**Thursday**  
December 13  
New Moon

### Gardening Tips Going Into Winter




The best case scenario is to have some type of shelter for your movable plants during the winter months. There are several pre-made kits available, and there are also many methods of constructing an operable greenhouse. We made a simple one by stretching plastic sheeting over a light metal frame and zip tying it in place. If you have the budget for it, many local feed stores carry the prefabricated type that sets up easily.

Ventilation is important so the plants receive fresh Oxygen  
Keep the climate dry by airing out on sunny days  
Water plants lightly in the mornings

**Other Ideas:**

- Dig over new borders
- Repair garden structures
- Prune bush roses down by half
- Plant bare-root roses, trees and shrubs
- Collect seeds if you are starting from seed
- Plant evergreen shrubs if conditions are dry
- Clear the remains of old crops in vegetable patches
- Find the optimum levels of NPK and work your soil to fit

**You'll be ready for Spring in no time!**

**Foods Your Dog Should Avoid** 

**Common Table Foods with Toxic Effects**

**Avocado** - contains a chemical called persin, which is non-toxic to humans who are not allergic to it, but can be harmful to dogs in large amounts. The chemical is present in the fruit, seed, leaves and bark of this plant.

**Onions & Garlic** - in all forms, cooked, dehydrated or raw, can destroy a dogs red blood cells, causing anemia. Avoid large doses, or even small doses over a period of time.

**Grapes & Raisins** - these can cause kidney failure in dogs, and even small amounts can make a dog very ill.


**Milk & Cheese** - dairy products can cause digestive upsets and other food allergies, such as excessive itching.

**Macadamia Nuts** - as few as six raw nuts can cause serious symptoms including muscle tremors and partial paralysis.

**Consult your veterinarian regarding any health questions about your pet.**

## Cinnamon

*Cinnamomum verum*



Cinnamon is a spice that is found in the inner bark of several trees in the genus Cinnamomum. After the outer bark is scraped off, the branch is beaten evenly with a hammer to loosen the inner bark, which is set out to dry and curl into rolls called "quills". The bark must be processed immediately after harvesting, and it will dry completely within 4 - 6 hours in the proper environment. Sri Lanka produces 80 - 90 % of the world's supply of "true cinammon" which is the other name for Cinnamomum verum. Cinnamon is an antiseptic that kills bacteria, including the microorganisms that cause botulism and staph. It is found to suppress both E. coli and C. albicans, and its oil, eugenol, is a natural anesthetic. Recent research indicates that cinnamon may help the body to regulate sugar levels, and it may also help lower blood pressure with its ability to break down fats.

**Three sticks, or "quills"**  
**ground cinnamon**

**Pregnant women should avoid cinnamon, it is known to stimulate the uterus. Always consult your doctor regarding any medical concerns.**

**Tea of the Week**  
**Nutcracker Rooibos**

The Nutcracker Rooibos is a delightful Christmas blend of Rooibos and almonds with a hint of Papaya. Absolutely delicious, it is caffeine free and full of health benefits. Rooibos is known to fight cancer, boost the immune system, treat allergies and digestive disorders, and to promote good health and longevity.









# FREE Covington Weekly

Dec. 12 - 18, 2012

**Covington Farmer's Market - Wednesday December 12, 10am - 2pm @ the Covington Trailhead** Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire St.

**Covington Bicentennial Committee Meeting - Thursday December 13, 6 - 7 pm @ William Pitcher Jr. High Library** The public is invited to attend this event planning meeting for our city's Bicentennial Celebrations! Contact Pam Keller for more information: pkeller@covla.com or 985-898-4715. - 415 S. Jefferson Ave.

**Playmaker's Children's Theater Holiday Show - Friday December 14 - Sunday December 16, Fri. - Sat. 8 pm, Sun. 2 pm** "A Covington Native in King Arthur's Court" is a local adaptation of a Mark Twain classic. Tickets are \$8 at the door, call 985-893-1671 for reservations.

**Covington Farmer's Market - Saturday December 15, 8 am - 12 pm @ the 600 block of Columbia St.** Fresh local produce, raw and prepared foods, plants and vegetables, live music by Sarah playing Christmas violin beginning at 9:30, and Sala Thai of Covington will be serving seasonal specials from their menu. - 600 block of Columbia St.

**Deck the Rails Children Event - Saturday December 15, 10 am - 12 pm @ the Covington Trailhead** Free family holiday event! Entertainment by Papillion and children's activities. - 419 N. New Hampshire St.

**Books-A-Million Book Signing Event - Saturday December 15, 12 pm - 2 pm @ BAM Covington** Myrtle Landry Simms will be on hand to sign the "Fun Cooking Guide". Myrtle is the daughter of Alzace Lewis Landry, founder of the chain that would develop into Don's Seafood Restaurant. - 401 N. HWY 190

**2nd Annual "A Nutcracker Tea" - Sunday December 16, 2 - 4 pm @ the English Tea Room** Reservation for this event are sold out! If you ordered tickets, you don't want to miss it! - 734 E. Rutland St.

**Christmas at COPA - Sunday December 16, 5 - 7:30 pm @ the Center of Performing Arts** Musical performances by the Northlake Christian School Vocal Ensemble and students of COPA, hot chocolate, cookies and other holiday treats, provided by St. Tammany Homestead. Admission is \$5 or a donation to Toys for Tots. - 201 N. Columbia St.

**Board of Adjustments Meeting & Planning and Zoning Meeting - Monday December 17, 5:30 - 6:30 & 6:30 - 8 pm @ City Council Chambers** Contact Dominique Elzy for more information on either meeting, D&Z@covla.com or 985-867-1214. - 222 E. Kirkland St.

## Shop Christmas in the Country Galleries

**St. Tammany Art Association** 320 N. Columbia St. - Wax On **Covington Trailhead Museum** 419 N. New Hampshire - David and Clariza Kern **Henry Hood Gallery** 325 E. Lockwood St. - Maggie McConnell, Suzy Moritz **Brunner Gallery** 215 N. Columbia St. - Rick Brunner, Byron May **Tripolo Gallery** 323 N. Columbia St. - Bill Binnings, Craig McMillin, Juli Juneau, James Michalopoulos, Al Ormsby, Rebecca Rebouche, Scott Ewen, Ken Tate, Gail Ruggiero, Scott Upton, Donna Duffy, Barbara Hansen **Three Rivers Gallery** 333 E. Boston St. - Roy Robinson, Roy Pfister, Harriett Blum, Robert Baumgartner, David Barfield, Gail Glassman, Peggy Hesse, Suzanne King, Charles Macgowan, Donald Maginnis, Valerie Stangl Melancon, John Preble, Max Ryan **Roy's "Art"chery** 319 N. Columbia St. - Roy Blaum, Jessica Porter Blaum, Billy Porter

### Covington Live Music Listings for Dec. 12 - 18

**Wednesday:** Front Porch Jam @ the Wednesday Covington Farmers Market (Covington Trailhead) / Harpist Jessica Meltz @ The English Tea Room 12:30-2:30pm / Open Mic Night @ The Green Room

**Thursday:** Ladies Night with DJ Gene @ The Green Room / Rick Samson @ Columbia Street Tap Room **Friday:** Open Mic Night @ St. John's Coffeehouse 7 pm / The Shiz @ the Green Room 10 pm / Bag of Donuts @ Columbia Street Tap Room 10pm

**Saturday:** Sarah @ Covington Farmer's Market 9:30am / Tyler Kinchen & the Right Pieces @ the Green Room 9pm / Twilight @ Columbia Street Tap Room

**Sunday:** Open Mic Poetry @ St. John's Coffeehouse 2pm / Karaoke with DJ Bobby Blaze @ the Green Room 9pm **Monday:** All Requests with DJ Jacob Durr @ the Green Room

**Tuesday:** Singer/Songwriter Timothy AG @ The English Tea Room 10:30 am - 12:30 pm / 80's Night Dance Party @ the Green Room



Harpist Jessica Meltz every Wednesday from 12:30pm - 2:30 pm. The English Tea Room, 734 E. Rutland Street.



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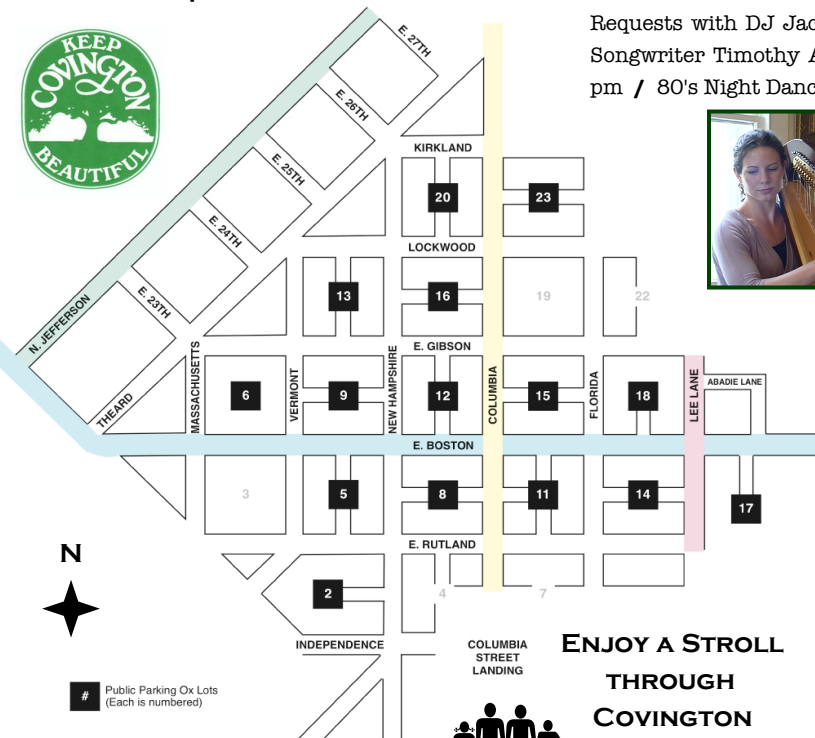
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